

Stage 1 – Desired Results

Related standard(s):

- 2.5.8.A.1
- 2.5.8.A.2
- 2.5.8.A.3
- 2.5.8.A.4
- 2.5.8.B.1
- 2.5.8.B.2
- 2.5.8.B.3
- 2.5.8.C.1
- 2.5.8.C.2
- 2.5.8.C.3

Transfer

Students will be able to independently use their learning to...

- All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.

Meaning

Enduring Understandings (EUs)

Students will understand that...

- Research shows that people who participate in regular physical activity, no matter what the form, are more likely to do so because they feel comfortable and competent in movement skills.
- Skill development involves an understanding of movement concepts, the underlying principles of physics, as a means to analyze movement performance and make adjustments.
- Implementing movement principles such as space, speed, force, projection or tempo makes movement more effective and more interesting.

Essential Questions (EQs)

Students will keep considering...

- How can understanding movement concepts improve my performance?
- How can I make movement more interesting, fun, and enjoyable?
- How does my use of movement influence that of others?

Grade Level Benchmarks

Knowledge

Students will know...

- Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.
- Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.
- Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.
- Movement activities provide a timeless opportunity to connect with people around the world.

Skills

Students will be able to...

- Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
- Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.
- Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).
- Detect, analyze, and correct errors and apply to refine movement skills.
- Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.
- Assess the effectiveness of specific mental strategies applied to improve performance.
- Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.
- Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.
- Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.
- Analyze the impact of different world cultures on present-day games, sports, and dance.

COURSE: Physical Education

LEVEL: Grade 7

UNIT/FOCUS: Fitness

Stage 1 - Desired Results

Related standard(s):

- 2.6.8.A.1
- 2.6.8.A.2
- 2.6.8.A.3
- 2.6.8.A.4
- 2.6.8.A.5
- 2.6.8.A.6

Transfer

Students will be able to independently use their learning to...

- Apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.

Meaning

Enduring Understandings (EUs)

Students will understand that...

- Children who regularly participate in physical activity tend to stay active throughout their lives.
- While there are immediate benefits including maintaining a healthy weight, feeling more energetic, and promoting a better outlook, participating in team and individual sports and other forms of physical activity can boost self-confidence, provide opportunities for social interaction, and offer a chance to have fun.
- In the long term, regular physical activity can help prevent heart disease, diabetes, and other medical problems later in life.
- Getting active and staying active is a key component of a healthy lifestyle.

Essential Questions (EQs)

Students will keep considering...

- Why is it so difficult to become healthy and physically fit?
- Why is it even harder to stay healthy and physically fit?
- How can I set challenging fitness goals that help me stay committed to wellness?

Grade Level Benchmarks

Knowledge

Students will know...

- Knowing and applying a variety of effective fitness principles over time enhances personal fitness level, performance, and health status.

Skills

Students will be able to...

- Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.
- Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.
- Analyze how medical and technological advances impact personal fitness.
- Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.
- Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.
- Determine the physical, behavioral, legal, and ethical consequences of the use of anabolic steroids and other performance-enhancing substances.